



Financial Freedom Account Performance Summary as of 09/30/19

Metropolitan Life Insurance Company

Variable Investment Option Performance Update

The performance data quoted represents past performance and does not guarantee future results. Current performance may be lower or higher than the performance figures quoted. Performance current to the most recent month-end may be viewed at www.metlife.com. The account balance is subject to market fluctuations and investment risk so that, when withdrawn, it may be worth more or less than its original value. For Investment Divisions that invest in Portfolios of the underlying Trust that were in existence prior to the Investment Division inception date, these returns have been adjusted to reflect the charges and expenses of the Financial Freedom Account Variable Annuity, as if the contract had existed during the stated period(s), including all Portfolio-level expenses and the Separate Account Charge of 0.95%. The Financial Freedom Account product does not impose any withdrawal charges on withdrawals. **These figures represent past performance and are not an indication of future performance.**

FFA		Non-Standardized Performance: Without surrender charges applied as of 09/30/2019							10 Year or Since Portfolio	Portfolio Inception Date
Asset Class	Variable Investment Options	Style	One Month	YTD	1 Year	3 Year*	5 Year*			
Asset Allocation	American Funds® Balanced Allocation Portfolio - Class C		0.44%	10.96%	1.57%	6.73%	5.33%	7.10%	04/28/2008	
	American Funds® Growth Allocation Portfolio - Class C		0.69%	12.59%	-0.21%	8.25%	6.34%	8.38%	04/28/2008	
	American Funds® Moderate Allocation Portfolio - Class C		0.24%	9.66%	2.96%	5.30%	4.41%	5.86%	04/28/2008	
	Brighthouse Asset Allocation 20 Portfolio - Class A		0.01%	9.05%	6.02%	3.38%	3.03%	4.36%	05/01/2005	
	Brighthouse Asset Allocation 40 Portfolio - Class A		0.46%	10.88%	4.54%	4.88%	3.96%	5.71%	05/01/2005	
	Brighthouse Asset Allocation 60 Portfolio - Class A		0.71%	12.65%	2.65%	6.25%	4.88%	7.00%	05/01/2005	
	Brighthouse Asset Allocation 80 Portfolio - Class A		1.05%	14.66%	0.91%	7.67%	5.73%	8.15%	05/01/2005	
	Brighthouse Asset Allocation 100 Portfolio - Class A		1.21%	16.30%	-0.87%	8.63%	6.39%	8.89%	05/01/2005	
	Fidelity VIP Freedom 2020 Portfolio - Service Class 2		0.66%	13.16%	4.25%	6.45%	4.82%	6.65%	04/08/2009	
	Fidelity VIP Freedom 2025 Portfolio - Service Class 2		0.74%	14.10%	4.07%	6.92%	5.10%	7.37%	04/08/2009	
	Fidelity VIP Freedom 2030 Portfolio - Service Class 2		0.96%	15.50%	3.28%	7.95%	5.70%	7.85%	04/08/2009	
	Fidelity VIP Freedom 2035 Portfolio - Service Class 2		1.30%	16.80%	1.99%	8.59%	6.04%	8.38%	04/08/2009	
	Fidelity VIP Freedom 2040 Portfolio - Service Class 2		1.43%	17.12%	1.45%	8.52%	5.99%	8.41%	04/08/2009	
	Fidelity VIP Freedom 2045 Portfolio - Service Class 2		1.43%	17.12%	1.39%	8.52%	5.99%	8.52%	04/08/2009	
	Fidelity VIP Freedom 2050 Portfolio - Service Class 2		1.45%	17.07%	1.37%	8.50%	5.97%	8.53%	04/08/2009	
	SSGA Growth and Income ETF Portfolio - Class E		1.07%	12.92%	2.56%	6.12%	4.53%	6.41%	09/30/2005	
	SSGA Growth ETF Portfolio - Class E		1.71%	14.04%	0.39%	7.04%	5.05%	7.20%	09/30/2005	
Domestic Equity (Large Cap)	American Funds® Growth Fund - Class 2	Growth	-0.28%	14.61%	-1.74%	13.53%	11.23%	12.02%	02/08/1984	
	American Funds® Growth-Income Fund - Class 2	Blend	0.50%	14.98%	0.68%	11.66%	9.06%	11.20%	02/08/1984	
	BlackRock Capital Appreciation Portfolio - Class E	Growth	-2.04%	20.29%	1.37%	16.03%	12.11%	11.94%	10/31/1994	
	Brighthouse/Wellington Core Equity Opportunities Portfolio - Class A	Value	0.01%	24.05%	12.53%	13.39%	10.48%	11.02%	10/31/1994	
	Brighthouse/Wellington Large Cap Research Portfolio - Class A	Blend	0.96%	20.35%	1.52%	11.43%	10.19%	11.73%	06/24/1983	
	ClearBridge Aggressive Growth Portfolio - Class A	Growth	1.09%	11.41%	-6.85%	6.27%	3.79%	12.00%	05/01/2001	
	Fidelity VIP Equity-Income Portfolio - Initial Class	Value	2.56%	17.87%	4.41%	8.39%	6.24%	9.59%	10/09/1986	
	Fidelity VIP Growth Portfolio - Initial Class	Growth	-0.83%	19.71%	0.83%	15.88%	11.18%	13.90%	10/09/1986	
	Jennison Growth Portfolio - Class A	Growth	-1.10%	17.51%	-1.52%	16.10%	12.15%	13.29%	05/01/2000	
	MetLife Stock Index Portfolio - Class A	Blend	1.76%	19.46%	3.02%	12.06%	9.53%	11.90%	05/01/1990	
	MFS® Value Portfolio - Class A	Value	2.45%	20.73%	6.41%	9.42%	8.32%	10.76%	11/09/1998	
		T. Rowe Price Large Cap Growth Portfolio - Class A	Growth	-0.98%	18.21%	1.38%	15.38%	12.12%	13.95%	11/09/1998
Domestic Equity (Mid Cap)	Brighthouse/Artisan Mid Cap Value Portfolio - Class A	Value	4.44%	16.27%	-3.08%	6.17%	4.33%	9.10%	04/30/1993	
	Calvert VP SRI Mid Cap Growth Portfolio	Growth	0.27%	22.89%	5.84%	10.79%	6.70%	11.55%	07/16/1991	
	Frontier Mid Cap Growth Portfolio - Class A	Growth	-0.65%	22.27%	3.47%	12.14%	9.96%	10.91%	04/29/1988	
	MetLife Mid Cap Stock Index Portfolio - Class A	Blend	2.94%	16.85%	-3.63%	8.08%	7.60%	11.23%	07/05/2000	
	Morgan Stanley Discovery Portfolio - Class A	Growth	-10.82%	29.21%	4.57%	21.07%	11.44%	12.02%	03/03/1997	
	T. Rowe Price Mid Cap Growth Portfolio - Class A	Growth	-0.46%	22.36%	6.04%	13.86%	12.26%	13.84%	02/12/2001	
	Victory Sycamore Mid Cap Value Portfolio - Class A	Value	3.90%	21.11%	2.12%	7.86%	5.05%	9.23%	11/09/1998	
	Domestic Equity (Small Cap)	Invesco Small Cap Growth Portfolio - Class E	Growth	-2.38%	13.48%	-10.76%	9.31%	7.67%	11.80%	01/02/2002
Loomis Sayles Small Cap Core Portfolio - Class A		Blend	0.42%	16.44%	-6.01%	8.37%	7.85%	11.33%	05/02/1994	
Loomis Sayles Small Cap Growth Portfolio - Class A		Growth	-3.92%	14.49%	-7.97%	13.63%	10.46%	13.56%	05/01/2001	
MetLife Russell 2000® Index Portfolio - Class A		Blend	1.85%	13.49%	-9.58%	7.25%	7.24%	10.21%	11/09/1998	
Neuberger Berman Genesis Portfolio - Class A		Value	0.02%	21.50%	1.24%	11.32%	9.78%	11.09%	07/05/2000	
T. Rowe Price Small Cap Growth Portfolio - Class A		Growth	-0.87%	21.67%	-2.03%	12.44%	10.50%	14.38%	03/03/1997	
Balanced		Brighthouse/Wellington Balanced Portfolio - Class A		0.40%	15.51%	4.39%	7.87%	7.15%	8.62%	07/25/1986
	Calvert VP SRI Balanced Portfolio - Class I		-0.51%	17.72%	7.97%	8.38%	6.19%	7.98%	09/30/1986	
	MFS® Total Return Portfolio - Class A		1.41%	14.04%	5.88%	6.28%	5.54%	7.33%	07/01/2002	
International Equity	American Funds® Global Small Capitalization Fund - Class 2		-0.75%	18.16%	-0.98%	8.16%	5.83%	7.16%	04/30/1998	
	Baillie Gifford International Stock Portfolio - Class A		1.43%	17.41%	0.45%	7.12%	5.52%	3.90%	07/01/1991	

Asset Class	Variable Investment Options	Style	One Month	YTD	1 Year	3 Year*	5 Year*	10 Year or Since Portfolio	Portfolio Inception Date
	Harris Oakmark International Portfolio - Class E		4.51%	11.35%	-7.45%	4.72%	1.88%	5.74%	01/02/2002
	Invesco Global Equity Portfolio - Class A		-0.03%	15.73%	-2.76%	10.71%	6.75%	8.94%	03/03/1997
	Loomis Sayles Global Allocation Portfolio - Class B		0.28%	18.66%	6.89%	9.83%	7.12%	9.27%	04/28/2006
	MetLife MSCI EAFE® Index Portfolio - Class A		2.86%	12.28%	-2.23%	5.23%	2.20%	3.77%	11/09/1998
	MFS® Research International Portfolio - Class A		2.51%	16.41%	0.32%	6.96%	3.08%	4.43%	02/12/2001
Fixed Income	American Funds® Bond Fund - Class 2	Intern.	-0.70%	8.03%	8.88%	1.86%	2.25%	2.66%	04/30/1997
	BlackRock Bond Income Portfolio - Class A	Intern.	-0.59%	8.51%	9.43%	2.36%	2.69%	3.53%	06/24/1983
	Brighthouse/Franklin Low Duration Total Return Portfolio - Class B	Short	0.03%	3.14%	2.56%	1.05%	0.66%	0.61%	04/29/2011
	Fidelity VIP Investment Grade Bond Portfolio - Initial Class	Intern.	-0.53%	8.30%	8.94%	2.32%	2.65%	3.27%	12/05/1988
	MetLife Aggregate Bond Index Portfolio - Class A	Intern.	-0.62%	7.68%	9.07%	1.76%	2.18%	2.48%	11/09/1998
	PIMCO Inflation Protected Bond Portfolio - Class E	Infltn Protctd	-1.18%	6.62%	5.14%	1.14%	0.91%	2.35%	05/01/2003
	PIMCO Total Return Portfolio - Class A	Intern.	-0.49%	8.10%	8.99%	2.70%	2.66%	3.21%	02/12/2001
	Western Asset Management Strategic Bond Opportunities Portfolio - Class A	Multisector	0.29%	11.21%	9.05%	4.03%	3.41%	5.25%	10/31/1994
	Western Asset Management U.S. Government Portfolio - Class A	Intern. Gov.	-0.33%	4.84%	6.16%	1.13%	1.23%	1.76%	10/31/1994
Specialty	Clarion Global Real Estate Portfolio - Class E		1.86%	20.91%	13.21%	3.93%	4.65%	6.67%	04/30/2004

AUTOMATED INVESTMENT STRATEGIES (A.I.S)	Year to Date	1 Year	3 Years Ann.	5 Years Ann.	10 Years Ann.	Strategy Incep. Date
Equity Generator® MetLife Stock Index	2.30%	3.15%	3.29%	3.56%	4.39%	07/01/1991
Equity Generator® Frontier Mid Cap Growth	2.25%	3.13%	3.30%	3.54%	4.24%	07/01/1991

*Annualized for Investment Options/Portfolios in existence for more than one year.

Current performance may be lower or higher than the performance quoted.

This is past performance and is no guarantee of future results.

Investment in the Fidelity VIP Government Money Market Portfolio is not insured or guaranteed by the Federal Deposit Insurance Corporation or any other government agency. Although the Portfolio seeks to preserve the value of your investment at \$1.00 per share, it is possible to lose money by investing in the Portfolio.

Effective December 1, 2015, Fidelity VIP Money Market Portfolio has transitioned to a government money market fund and has changed its name to Fidelity VIP Government Money Market Portfolio.

A MetLife investment option may have a name and/or investment objective similar to that of another mutual fund with the same manager. Despite any similarity, the MetLife option is separate and distinct and will not have the same performance. Different performance will result from different investment policies, cash flows, fees, expenses and fund asset sizes.

The performance shown may reflect, for some periods described, the management of previous investment managers. Please see the prospectus for more information.

Fees and/or expense reimbursement arrangements may have been in effect for certain funds. These fee waivers and expense reimbursements have the effect of increasing performance results. Please see the prospectus for more information.

Certain investment options may have adopted, with respect to certain classes, a distribution plan under Rule 12b-1 of the Investment Company Act of 1940. MetLife is paid the 12b-1 fee under the plan. Please see the prospectus for more information.

Prior to March 6, 2017, Brighthouse Funds Trust I was known as Met Investors Series Trust and Brighthouse Funds Trust II was known as Metropolitan Series Fund.

Prior to the close of business on April 29, 2005, the Met/Putnam Voyager Portfolio was merged into the Jennison Growth Portfolio. The Met/Putnam Voyager Division is no longer available under this product. Performance for Jennison Growth consists of performance for the Met/Putnam Voyager Division before April 29, 2005 and performance of the Jennison Growth Division on and after April 29, 2005.

On or about April 30, 2007, the BlackRock Large Cap Portfolio of the Metropolitan Series Fund, Inc. merged into the BlackRock Large Cap Core Portfolio (currently known as Met/Wellington Large Cap Research Portfolio) of the Met Investors Series Trust. Values prior to April 30, 2007 reflect the performance of the BlackRock Large Cap Portfolio (formerly the BlackRock Investment Trust Portfolio).

Effective April 28, 2008, the MFS® Value Portfolio of the Met Investors Series Trust (MIST) merged with and into the MFS® Value Portfolio of the Metropolitan Series Fund, Inc. (MSF). Values before April 28, 2008 reflect the performance of the MSF MFS® Value Portfolio (formerly Harris Oakmark Large Cap Value Portfolio) since its inception on November 9, 1998. (Note that because the MIST MFS® Value Portfolio is deemed to be the "accounting" survivor of the merger, the performance history set forth in the Portfolio's April 28, 2008 prospectus is that of the MIST MFS® Value Portfolio.)

Effective May 3, 2010, the following investment portfolio merged: FI Mid Cap Opportunities Portfolio into Morgan Stanley Mid Cap Growth Portfolio. Performance for the Morgan Stanley Mid Cap Growth Portfolio consists of the performance for the FI Mid Cap Opportunities Portfolio before and on April 30, 2010 and the Morgan Stanley Mid Cap Growth Portfolio after April 30, 2010.

As of May 2, 2011, the following portfolio merger took effect: MetLife Aggressive Allocation Portfolio into MetLife Aggressive Strategy Portfolio (currently known as MetLife Asset Allocation 100 Portfolio). Performance for the MetLife Aggressive Strategy Portfolio (currently known as MetLife Asset Allocation 100 Portfolio) consists of the performance of the MetLife Aggressive Allocation Portfolio before and on April 29, 2011 and the MetLife Aggressive Strategy Portfolio (currently known as MetLife Asset Allocation 100 Portfolio) after April 29, 2011.

Effective April 30, 2012, the Lord Abnett Mid Cap Value Portfolio of the Metropolitan Series Fund merged into the Lord Abnett Mid Cap Value Portfolio (currently known as Invesco Mid Cap Value Portfolio) of the Met Investors Series Trust. Values before April 30, 2012 reflect the performance of the Lord Abnett Mid Cap Value Portfolio of the Metropolitan Series Fund.

Prior to the opening of business on April 29, 2013, the Oppenheimer Global Equity Portfolio of the Metropolitan Series Fund (MSF) merged with and into the Met/Templeton Growth Portfolio of Met Investors Series Trust (MIST) and the Met/Templeton Growth Portfolio was renamed the MIST Oppenheimer Global Equity Portfolio. Values before April 29, 2013 reflect the performance of the Oppenheimer Global Equity Portfolio of the Metropolitan Series Fund.

Prior to April 29, 2019, the Morgan Stanley Discovery Portfolio was known as the Morgan Stanley Mid Cap Growth Portfolio.

Prior to April 29, 2019, the Loomis Sayles Global Allocation Portfolio was known as the Loomis Sayles Global Markets Portfolio.

Prior to May 24, 2019, the Invesco Global Equity Portfolio was known as the Oppenheimer Global Equity Portfolio.

While diversification through an asset allocation strategy is a useful technique that can help to manage overall portfolio risk and volatility, there is no certainty or assurance that a diversified portfolio will enhance overall return or outperform one that is not diversified. An investment made according to one of these asset allocation models neither guarantees a profit nor prevents the possibility of loss.

Asset allocation portfolios are "fund of funds" portfolios. Because of this two-tier structure, each asset allocation portfolio bears its own investment management fee and expenses as well as its pro rata share of the management fee and expenses of the underlying portfolios. The Contract Owner may be able to realize lower aggregate expenses by investing directly in the underlying portfolios instead of investing in an asset allocation portfolio. In that case, you would not receive the asset allocation services provided by an investment adviser.

Investment Performance Is Not Guaranteed.

Prospectuses for the Financial Freedom Account variable annuity issued by Metropolitan Life Insurance Company and for the investment portfolios are available from your financial professional or at www.metlife.com. The contract prospectus contains information about the contract's features, risks, charges and expenses. The investment objectives, risks and policies of the investment options, as well as other information about the investment options, are described in their respective prospectuses. Investors should consider the investment objectives, risks, charges and expenses of the investment company carefully before investing. Please read the prospectuses and consider this information carefully before investing. Product availability and features may vary by state. Please refer to the contract prospectus for more complete details regarding the living and death benefits.

Variable annuities are long-term investments designed for retirement purposes. Variable annuities have limitations, exclusions, charges, termination provisions and terms for keeping them in force. There is no guarantee that any of the variable investment options in this product will meet its stated goals or objectives. The account value is subject to market fluctuations and investment risk so that, when withdrawn, it may be worth more or less than its original value. All product guarantees, including optional benefits, are subject to the claims-paying ability and financial strength of the issuing insurance company. Please contact your financial professional for complete details.

Distributions of 401(k), 403(b) or 457(b) salary reduction contributions allocated to an account, and any earnings on such contributions, are generally not permitted prior to attaining normal retirement age under the retirement plan except under certain circumstances, such as an individual's severance from employment with the employer sponsoring the plan or the individual's death, disability or hardship (or 457(b) unforeseeable emergency) as permitted under the plan. Distributions of contributions and any earnings may also be restricted as defined in the plan documents. Contact the plan administrator to determine when and under what circumstances the individual may request a distribution from the plan. Where permitted, distributions of taxable amounts are generally subject to ordinary income tax and, if made before age 59½, may be subject to a 10% federal income tax penalty. In the case of 457(b) governmental plans, there is no 10% federal income tax penalty except that the 10% federal income tax penalty may apply to distributions of amounts previously rolled over to a governmental 457(b) plan from another type of employer retirement plan or IRA. Consult a tax advisor to determine if an exception to the 10% federal income tax penalty may apply.

Financial Freedom Account variable annuity is issued by Metropolitan Life Insurance Company, New York, NY 10166, and distributed by MetLife Investors Distribution Company _member FINRA_. Both are MetLife companies. Policy Form numberr Series G.4333-7.

Metropolitan Life Insurance Company • New York, NY 10166

www.metlife.com

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• Not Guaranteed By Any Bank Or Credit Union • May Go Down In Value

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The performance data quoted represents past performance and does not guarantee future results. Current performance may be lower or higher than the performance data quoted. Performance current to the most recent month-end may be viewed at metlife.com. The account balance is subject to market fluctuations and investment risk so that, when withdrawn, it may be worth more or less than its original value. Each Investment Option consists of an investment division of the separate account supporting the contract (an "Investment Division") that invests solely in units of a fund portfolio (a "Portfolio"). *Standardized Performance* for an Investment Option, as defined by the SEC, is the Average Annual Total Return for periods commencing no earlier than the Investment Division inception date and terminating at the end of the most recent calendar quarter. Average Annual Total Returns shown that include periods prior to the Investment Division inception date are *Non-Standardized Performance*. Charges for Standardized Performance include all Portfolio-level expenses and the Separate Account Charge of 0.95%. **Past performance does not guarantee future results.**

FFA	Average Annual Total Return as of 09/30/2019 Assuming Contract Surrender	Standardized as of 09/30/2019 Assuming Contract Surrender
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Asset Class	Variable Investment Options	10 Year or Since Portfolio Inception*			10 Year or Since Investment Division Inception*		Portfolio Inception Date	Investment Division Inception Date	
		1 Year	5 Year*	10 Year or Since Portfolio Inception*	1 Year	5 Year*			
Asset Allocation	American Funds® Balanced Allocation	1.57%	5.33%	7.10%	1.57%	5.33%	7.10%	04/28/2008	04/28/2008
	American Funds® Growth Allocation	-0.21%	6.34%	8.38%	-0.21%	6.34%	8.38%	04/28/2008	04/28/2008
	American Funds® Moderate Allocation	2.96%	4.41%	5.86%	2.96%	4.41%	5.86%	04/28/2008	04/28/2008
	Brighthouse Asset Allocation 20	6.02%	3.03%	4.36%	6.02%	3.03%	4.36%	05/01/2005	05/01/2005
	Brighthouse Asset Allocation 40	4.54%	3.96%	5.71%	4.54%	3.96%	5.71%	05/01/2005	05/01/2005
	Brighthouse Asset Allocation 60	2.65%	4.88%	7.00%	2.65%	4.88%	7.00%	05/01/2005	05/01/2005
	Brighthouse Asset Allocation 80	0.91%	5.73%	8.15%	0.91%	5.73%	8.15%	05/01/2005	05/01/2005
	Brighthouse Asset Allocation 100	-0.87%	6.39%	8.89%	-0.87%	6.39%	8.89%	05/01/2005	05/01/2005
	Fidelity VIP Freedom 2020	4.25%	4.82%	6.65%	4.25%	NA	4.37%	04/08/2009	05/04/2015
	Fidelity VIP Freedom 2025	4.07%	5.10%	7.37%	4.07%	NA	4.60%	04/08/2009	05/04/2015
	Fidelity VIP Freedom 2030	3.28%	5.70%	7.85%	3.28%	NA	5.12%	04/08/2009	05/04/2015
	Fidelity VIP Freedom 2035	1.99%	6.04%	8.38%	1.99%	NA	4.16%	04/08/2009	04/30/2018
	Fidelity VIP Freedom 2040	1.45%	5.99%	8.41%	1.45%	NA	5.38%	04/08/2009	05/04/2015
	Fidelity VIP Freedom 2045	1.39%	5.99%	8.52%	1.39%	NA	3.85%	04/08/2009	04/30/2018
	Fidelity VIP Freedom 2050	1.37%	5.97%	8.53%	1.37%	NA	5.36%	04/08/2009	05/04/2015
	SSGA Growth and Income ETF	2.56%	4.53%	6.41%	2.56%	4.53%	6.41%	09/30/2005	05/01/2006
	SSGA Growth ETF	0.39%	5.05%	7.20%	0.39%	5.05%	7.20%	09/30/2005	05/01/2006
Domestic Equity (Large Cap)	American Funds® Growth	-1.74%	11.23%	12.02%	-1.74%	11.23%	12.02%	02/08/1984	05/01/2001
	American Funds® Growth-Income	0.68%	9.06%	11.20%	0.68%	9.06%	11.20%	02/08/1984	05/01/2001
	BlackRock Capital Appreciation	1.37%	12.11%	11.94%	1.37%	12.11%	11.94%	10/31/1994	08/05/2002
	Brighthouse/Wellington Core Equity Opportunities	12.53%	10.48%	11.02%	12.53%	10.48%	11.02%	10/31/1994	07/05/2000
	Brighthouse/Wellington Large Cap Research	1.52%	10.19%	11.73%	1.52%	10.19%	11.73%	06/24/1983	05/01/1996
	ClearBridge Aggressive Growth	-6.85%	3.79%	12.00%	-6.85%	3.79%	12.00%	05/01/2001	05/01/2001
	Fidelity VIP Equity-Income	4.41%	6.24%	9.59%	4.41%	6.24%	9.59%	10/09/1986	07/01/1991
	Fidelity VIP Growth	0.83%	11.18%	13.90%	0.83%	11.18%	13.90%	10/09/1986	07/01/1991
	Jennison Growth	-1.52%	12.15%	13.29%	-1.52%	12.15%	13.29%	05/01/2000	07/05/2000
	MetLife Stock Index	3.02%	9.53%	11.90%	3.02%	9.53%	11.90%	05/01/1990	07/01/1991
	MFS® Value	6.41%	8.32%	10.76%	6.41%	8.32%	10.76%	11/09/1998	11/09/1998
	T. Rowe Price Large Cap Growth	1.38%	12.12%	13.95%	1.38%	12.12%	13.95%	11/09/1998	11/09/1998
Domestic Equity (Mid Cap)	Brighthouse/Artisan Mid Cap Value Portfolio	-3.08%	4.33%	9.10%	-3.08%	4.33%	9.10%	04/30/1993	05/01/2001
	Calvert VP SRI Mid Cap Growth	5.84%	6.70%	11.55%	5.84%	6.70%	11.55%	07/16/1991	07/16/1991
	Frontier Mid Cap Growth	3.47%	9.96%	10.91%	3.47%	9.96%	10.91%	04/29/1988	05/01/1996
	MetLife Mid Cap Stock Index	-3.63%	7.60%	11.23%	-3.63%	7.60%	11.23%	07/05/2000	07/05/2000
	Morgan Stanley Discovery	4.57%	11.44%	12.02%	4.57%	11.44%	12.02%	03/03/1997	03/03/1997
	T. Rowe Price Mid Cap Growth	6.04%	12.26%	13.84%	6.04%	12.26%	13.84%	02/12/2001	05/01/2001
	Victory Sycamore Mid Cap Value	2.12%	5.05%	9.23%	2.12%	5.05%	9.23%	11/09/1998	11/09/1998
Domestic Equity (Small Cap)	Invesco Small Cap Growth	-10.76%	7.67%	11.80%	-10.76%	7.67%	11.80%	01/02/2002	05/01/2002
	Loomis Sayles Small Cap Core	-6.01%	7.85%	11.33%	-6.01%	7.85%	11.33%	05/02/1994	07/05/2000
	Loomis Sayles Small Cap Growth	-7.97%	10.46%	13.56%	-7.97%	10.46%	13.56%	05/01/2001	05/01/2001
	MetLife Russell 2000® Index	-9.58%	7.24%	10.21%	-9.58%	7.24%	10.21%	11/09/1998	11/09/1998
	Neuberger Berman Genesis	1.24%	9.78%	11.09%	1.24%	9.78%	11.09%	07/05/2000	07/05/2000
	T. Rowe Price Small Cap Growth	-2.03%	10.50%	14.38%	-2.03%	10.50%	14.38%	03/03/1997	03/03/1997
Balanced	Brighthouse/Wellington Balanced	4.39%	7.15%	8.62%	4.39%	7.15%	8.62%	07/25/1986	05/01/1996
	Calvert VP SRI Balanced	7.97%	6.19%	7.98%	7.97%	6.19%	7.98%	09/30/1986	07/01/1991
	MFS® Total Return	5.88%	5.54%	7.33%	5.88%	5.54%	7.33%	07/01/2002	08/05/2002
International Equity	American Funds® Global Small Capitalization	-0.98%	5.83%	7.16%	-0.98%	5.83%	7.16%	04/30/1998	05/01/2001
	Baillie Gifford International Stock	0.45%	5.52%	3.90%	0.45%	5.52%	3.90%	07/01/1991	05/01/1996
	Harris Oakmark International	-7.45%	1.88%	5.74%	-7.45%	1.88%	5.74%	01/02/2002	05/01/2002
	Invesco Global Equity	-2.76%	6.75%	8.94%	-2.76%	6.75%	8.94%	03/03/1997	03/03/1997
	Loomis Sayles Global Allocation	6.89%	7.12%	9.27%	6.89%	7.12%	9.27%	04/28/2006	11/10/2008
	MetLife MSCI EAFE® Index	-2.23%	2.20%	3.77%	-2.23%	2.20%	3.77%	11/09/1998	11/09/1998
	MFS® Research International	0.32%	3.08%	4.43%	0.32%	3.08%	4.43%	02/12/2001	05/01/2001

Asset Class	Variable Investment Options	10 Year or Since Portfolio Inception*			10 Year or Since Investment Division Inception*		Portfolio Inception Date	Investment Division Inception Date	
		1 Year	5 Year*	Inception*	1 Year	5 Year*			
Fixed Income	American Funds® Bond	8.88%	2.25%	2.66%	8.88%	2.25%	2.66%	04/30/1997	05/01/2006
	BlackRock Bond Income	9.43%	2.69%	3.53%	9.43%	2.69%	3.53%	06/24/1983	05/01/1996
	Brighthouse/Franklin Low Duration Total Return	2.56%	0.66%	0.61%	2.56%	0.66%	0.63%	04/29/2011	05/02/2011
	Fidelity VIP Investment Grade Bond	8.94%	2.65%	3.27%	8.94%	2.65%	3.27%	12/05/1988	07/01/1991
	MetLife Aggregate Bond Index	9.07%	2.18%	2.48%	9.07%	2.18%	2.48%	11/09/1998	11/09/1998
	PIMCO Inflation Protected Bond	5.14%	0.91%	2.35%	5.14%	0.91%	2.35%	05/01/2003	05/01/2006
	PIMCO Total Return	8.99%	2.66%	3.21%	8.99%	2.66%	3.21%	02/12/2001	05/01/2001
	Western Asset Management Strategic Bond Opportunities	9.05%	3.41%	5.25%	9.05%	3.41%	5.25%	10/31/1994	05/01/2001
	Western Asset Management U.S. Government	6.16%	1.23%	1.76%	6.16%	1.23%	1.76%	10/31/1994	05/01/2001
Specialty	Clarion Global Real Estate	13.21%	4.65%	6.67%	13.21%	4.65%	6.67%	04/30/2004	05/01/2004

*Annualized for Investment Options/Portfolios in existence for more than one year.

**Fidelity VIP Government Money Market current yield for the seven-day period ending 09/30/2019 is -0.95% and for the seven-day period ending 09/30/2019 is -0.95%

Investment in the Fidelity VIP Government Money Market Portfolio is not insured or guaranteed by the Federal Deposit Insurance Corporation or any other government agency. Although the Portfolio seeks to preserve the value of your investment at \$1.00 per share, it is possible to lose money by investing in the Portfolio.

Prior to March 6, 2017, Brighthouse Funds Trust I was known as Met Investors Series Trust and Brighthouse Funds Trust II was known as Metropolitan Series Fund.

While diversification through an asset allocation strategy is a useful technique that can help to manage overall portfolio risk and volatility, there is no certainty or assurance that a diversified portfolio will enhance overall return or outperform one that is not diversified. An investment made according to one of these asset allocation models neither guarantees a profit nor prevents the possibility of loss.

Asset allocation portfolios are "fund of funds" portfolios. Because of this two-tier structure, each asset allocation portfolio bears its own investment management fee and expenses as well as its pro rata share of the management fee and expenses of the underlying portfolios. The Contract Owner may be able to realize lower aggregate expenses by investing directly in the underlying portfolios instead of investing in an asset allocation portfolio. In that case, you would not receive the asset allocation services provided by an investment adviser.

Investment Performance Is Not Guaranteed.

Prospectuses for the Financial Freedom Account variable annuity issued by Metropolitan Life Insurance Company and for the investment portfolios are available from your financial professional or at www.metlife.com. The contract prospectus contains information about the contract's features, risks, charges and expenses. The investment objectives, risks and policies of the investment options, as well as other information about the investment options, are described in their respective prospectuses. Investors should consider the investment objectives, risks, charges and expenses of the investment company carefully before investing. Please read the prospectuses and consider this information carefully before investing. Product availability and features may vary by state. Please refer to the contract prospectus for more complete details regarding the living and death benefits.

Variable annuities are long-term investments designed for retirement purposes. Variable annuities have limitations, exclusions, charges, termination provisions and terms for keeping them in force. There is no guarantee that any of the variable investment options in this product will meet their stated goals or objectives. The account value is subject to market fluctuations and investment risk so that, when withdrawn, it may be worth more or less than its original value. All product guarantees, including optional benefits, are subject to the claims-paying ability and financial strength of the issuing insurance company. Please contact your financial professional for complete details.

Distributions of 401(k), 403(b) or 457(b) salary reduction contributions allocated to an account, and any earnings on such contributions, are generally not permitted prior to attaining normal retirement age under the retirement plan except under certain circumstances, such as an individual's severance from employment with the employer sponsoring the plan or the individual's death, disability or hardship (or 457(b) unforeseeable emergency) as permitted under the plan. Distributions of contributions and any earnings may also be restricted as defined in the plan documents. Contact the plan administrator to determine when and under what circumstances the individual may request a distribution from the plan. Where permitted, distributions of taxable amounts are generally subject to ordinary income tax and, if made before age 59½, may be subject to a 10% federal income tax penalty. In the case of 457(b) governmental plans, there is no 10% federal income tax penalty except that the 10% federal income tax penalty may apply to distributions of amounts previously rolled over to a governmental 457(b) plan from another type of employer retirement plan or IRA. Consult a tax advisor to determine if an exception to the 10% federal income tax penalty may apply.

Financial Freedom Account variable annuity is issued by Metropolitan Life Insurance Company, New York, NY 10166, and distributed by MetLife Investors Distribution Company _member FINRA_. Both are MetLife companies. Policy Form numberr Series G.4333-7.

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